



OCTOBER'S NEWSLETTER

Mental Health + Wellness

This month, we are focused on Mental Health + Wellness so we may better understand our emotions. Recognizing, labeling, and accepting our feelings is critical in protecting and promoting good mental health for everyone.

It's like analyzing the question, "How are you?" under the microscope.

We are fortunate to have Calgary Christian Mission (CCM) working with AHS to host 5 programs via Zoom to help us to better understand the state of our own Mental health.

Here is the list of program details, which will be shared on our monthly activity list.

Problem Management | Forward Activity | Counter-Management
Positive Thinking | Healthy Relationship

JOIN US !



Scams targeting older adults are all too common in today's world. Many scammers think of seniors as prime targets because they may possess retirement savings or because they may live alone and are easier to target. There are also many outdated and downright inaccurate stereotypes about older adults that make them popular targets.

Luckily, there are plenty of ways to stay ahead of the fraudsters and avoid getting scammed. Many schemes against seniors are performed over e-mail and the phone - BE AWARE!

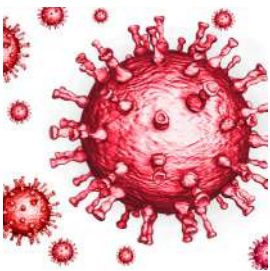
These schemes may take the form of alleged credit card offers or charity donation requests, which are some of the most common scams amongst seniors. Therefore, if you have anyone asking you for your debit and/or credit card details, please DO NOT respond to them. Talk to your family or reception immediately.



If you do not need to have your debit card or credit cards, leave them at home,

this will help protect you from any other scams out there. Scams targeting older adults are all too common in today's world. So do not be afraid to tell your family.

FRIENDLY REMINDERS



COVID 19 UPDATES

Majority of the Residents received their booster shots, our team members are next. Your cooperation is very much appreciated with the new temporary visitation policies.



COMMON BATHROOMS

Please be reminded that we, collectively have to keep our common areas clean. Recently, bathrooms are left not flushed consistently. This has created an unpleasant environment for your fellow neighbors.



LITTERING

Recently we have been finding garbage in the elevators, the gardens and around the building. Please respect your home and ensure all garbage is placed in the appropriate garbage and recycling bins.

MEET OUR NEW TEAM MEMBER - AMY WONG

" Hi everyone! I came to Calgary with my boyfriend from Hong Kong and have just arrived in Canada 2 months ago. I'm very excited as everything is new to me and I'm really happy to be a part of Clover Living as I find it's very meaningful to serve here. I hope I will get familiar with each of you very soon. In my spare time, I usually go hiking and do yoga. I can't wait to explore the beauty of Calgary and the Rocky Mountains".



COMING UP - NEW SERVICES

NEED HELP TO SEE YOUR GP? ARE THE EXERCISES THAT I HAVE BEEN DOING ARE THE RIGHT ONES?

We have been having a lot of great interest in our upcoming new services - Companionship Services and Private Exercise Care. If you have not had a chance to speak to Anthony, please feel free to make an appointment with him and he will go through the list of services that we can assist you with daily.



FLU VACCINE

101 Pharmacy will be at Clover Living on October 7th to administer Flu Shots.

Details will be shared soon. Please be available from 1:30 pm onwards. You will be advised what time to come down to the Exercise Room the day before. If you have plans on that day, please advise Reception or May.

HAPPY BIRTHDAY 🎉

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| 1/10 MRS. LUK | 24/10 MR. LEUNG |
| 9/10 SAM CHOW | 27/10 MRS. YAM |
| 15/10 MRS. LAU | 28/10 MICHAEL |
| 21/10 ELSIE | 28/10 CHOI |

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